



Halifax Senior Center

MAY 2022

POSTITIVE AGING AND LIVING ALONE: WHO WILL CARE FOR ME AS I AGE?

Economists trace old age in modern society to retirement and wage principle; meaning that complex factors affect the health and quality of life as we age. Environment, culture, behavioral and biological factors are interconnected and are often used when collecting data to track, monitor, and report of policies and programs. Data drives decisions that help when determining long-term-services and supports. Some questions we may **not** think about in our youth:

Who will care for me as I age?

How much savings is needed to age in place?

How would I care for myself if a chronic illness or disease took control of our health?

What services will I need to live independently?

There is no universal answer to these questions, except that communities are seeing an influx of older adults accessing social services. We experienced living through a pandemic, which for some, added financial stressors referencing taxes, housing, transportation and more importantly, and the inability to afford healthcare. Many older adults and any person with a disability are feeling the affects and feel they have no voice. Isolation is the result of some of the loss of support systems.

Over the years, the relationship between a person's physical capabilities and environmental demand, has been the forefront of the Commonwealth's aging initiatives. Old Colony Planning Council Area Agency on Aging partnered with the Executive Office of Elder Affairs (EOEA) and various aging networks to create and support communities around mental health, transportation, affordable housing, healthy aging, and social services. The need to invest in future aging is on the minds of every Council on Aging Director. The pressures of funding, resistance to change and the expectations to serve is like a tapestry. Weaving of many threads to connect residents to outreach services and programs. Council on Aging organizations remained connected to the community – open when some organizations closed to the public.

Some may not know, but the Halifax Council on Aging, serves any person 60+ as well as any individual with a disability. ***We are the core of resources for families and caregivers as well.*** An example would be Fuel Assistance, State Supplemental Nutrition Assistance Program (SNAP), Medicare Counseling, and a connection with needs -based agencies such as [South Shore Community Action Council, Inc.](#)

What shapes municipal towns are the services it provides to its residents. The Halifax Senior Center, with the support of community, can work toward bringing programs to its residents at any age. With chronic illness and disease on the rise, the cost of healthcare has tapped the pockets of many, and we are here to guide CoA members, caregivers, and families with resources. We ask Halifax residents to be mindful of positive aging when considering to accept the transfer of “debt exempt” funds to revitalize and ***invest in the future of an age-friendly community*** on ***May 9th and 14th***

Stay well as we ***GROW TOGETHER***

GENERATIONS TRIP:

Mohegan Sun Casino Trip

When: Tuesday, May 17, 2022 Cost: \$40 per person

Pick-up: Halifax Mobile Park at 7:15

Try your luck at your choice of nearly 3,000 state-of-the-art slot machines!! Feel the thrill of winning at one of 170 table games like Blackjack, Poker, Baccarat, Sic Bo, Caribbean Stud or Pai Gow Poker!

Mohegan Sun Casino also offers you the ultimate in dining experiences. Includes: Deluxe Motor coach Transportation (time in the casino is from 10-3) Please contact Dottie Martel at 781-801-4822 to register. Payment due upon reservation.



GENERATIONS IS A NON-PROFIT TO HELP THE HALIFAX COA WITH VARIOUS APPROVED PROJECTS AND PROGRAMS

SOME OF THE MONEY FROM TRIPS ARE DONATED TO THIS GROUP TO SUPPORT HALIFAX CoA

Contact Dottie Martel, Generations to sign up 781-801-4822



Singo was a huge hit this fall and we are bringing it back!

Join us Friday, May 27 from 11am-12pm at the Great Hall at Town Hall. Cost is \$5 per person and there will be prizes for the winners

Pre-registration is required

Halifax Council on Aging - Calendar of Events

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-12- Cards/Cribbage *11-FIT 4 U-@Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing@Holmes Library	3 9:30-Men's Coffee 10:00- TRIAD Meeting @ Halifax Police Station-2nd floor *10:30 Virtual Travel to Athens	4 9:45- Chair Yoga @Henrich Hall 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	5 9:30-Men's Coffee	6 10:30-11:30-Rep. Cutler Constituent Hours 1:00-*Mother's Day Tea@ Henrich Hall
9 9:30-11-State Rep LaNatra Constituent Hours 10-12- Cards/Cribbage *11-FIT 4 U-@Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	10 9:30-Men's Coffee	11 9:45- Chair Yoga @Henrich Hall 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal 1-Bookmobile	12 9:30-Men's Coffee	13
16 10-12- Cards/Cribbage *11-FIT 4 U-@Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing @Holmes Library	17 9:30-Men's Coffee 9:30-COA Board Meeting@Town Hall 11:30 Prescription Advantage Presentation @Holmes Library	18 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Screenings 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate	19 8:30-11:30-Nurse Clinic 9:30-Men's Coffee 1:00-Book Club @Holmes Library	20
23 10-12- Cards/Cribbage *11-FIT 4 U-@Great Hall 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writng@Holmes Library	24 9:30-Men's Coffee	25 9:45- Chair Yoga @Henrich Hall 10-11-Nurse Screenings 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	26 8:30-11:30-Nurse Clinic 9:30-Men's Coffee	27 *11-SINGO @ Great Hall  11:30-12:30 *Attorney Rawlins Office Consultations
30 COA CLOSED 	HALIFAX ANNUAL TOWN MEETING MONDAY—MAY 9TH @ 6:30 pm HALIFAX ELEMENTARY SCHOOL			

Pre-registration is required for the events with an * mark. Call the COA at (781) 293-7313.

Yummy.

Congregate Meals

Every Monday and Wednesday

12:00 p.m. at the Halifax Council on Aging

Call in advance to reserve a seat at

**(781) 293-7313. Space is limited. \$2.50 donation is
suggested**



Upcoming menu:



- 5/2 BBQ PULLED PORK**
- 5/4 MACARONI & CHEESE**
- 5/9 CHICKEN PARMESAN**
- 5/11 FISH STICKS**
- 5/16 CALIFORNIA CHICKEN SALAD**
- 5/18 CHICKEN SCALLOPINI**
- 5/23 HOT DOG**
- 5/25 TURKEY CHEF'S SALAD**



MAY calls for springing back to a healthy you! We are proud to offer a FiT-4U Kick-Off

**Balance & Conditioning Exercise Class
with Neil Sullivan of
Massachusetts Exercise Therapy Inc.**

Neil Sullivan MS. R-CEP, C.S.C.S, CPT

WHEN: Monday May 2, 2022 at 11 AM

**WHERE: 499 Plymouth Street, Halifax (2nd Floor–
Great Hall) \$5 per class Pre registra-**

Classes will consist of:

Strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility

Stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness of falls prevention



506 Plymouth Street • Halifax, MA 02338
 Tel: (781) 293-7313 • Fax: (781) 293-1774
 Website: www.halifax-ma.org/COA
[Follow us on Facebook!](#)

Presorted Standard Postage
 US Postage PAID
 Permit #42
 Halifax, MA 02338

HOURS OPEN TO THE COMMUNITY

MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.
FRIDAY: 8:00 A.M. - 1:00 P.M.

RETURN SERVICE REQUESTED



COUNCIL ON AGING BOARD :

CHAIRMAN:

Jo Schofield

MEMBERS:

Jean Gallant
 Judith Rakutis
 Michael Rugnetta
 Sarah Sloat
 Ivy Matheny

HALIFAX COA STAFF

DIRECTOR:
 Darlene Regan

OUTREACH COORDINATOR:
 Donna Porcello

RECEPTIONIST:
 Diane Smith

NURSE/ASSISTANT OUTREACH:
 Tricia Ross

**OCES MEAL SITE MANAGER
 MANAGER, MEALS-ON-
 WHEELS:**
 Maria Maynard

VAN DRIVERS:
 Gary Long & Diane O'Brien

Halifax Council on Aging Mission Statement: To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.